

Daily Affirmations- June 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Thu	Jun	1 st	Without change, there would be no butterflies.
Fri	Jun	2 nd	The ones who seek help will most likely get help.
Sat	Jun	3 rd	Believe in yourself. You are what makes you happy.
Sun	Jun	4 th	Today is the first day of the rest of your life.
Mon	Jun	5 th	In God, all things are possible!
Tue	Jun	6 th	Faith without works is dead.
Wed	Jun	7 th	One step at a time. Every day I gain.
Thu	Jun	8 th	If you don't love yourself, no one will
Fri	Jun	9 th	I deserve the best I can give myself.
Sat	Jun	10 th	Make it make sense.
Sun	Jun	11 th	What's understood doesn't need to be explained.
Mon	Jun	12 th	From ashes returns beauty.
Tue	Jun	13 th	Only you can change your life, starting today.
Wed	Jun	14 th	No one loves you more than you love yourself.
Thu	Jun	15 th	It's never too late.
Fri	Jun	16 th	The universe tends to unfold as it should.
Sat	Jun	17 th	Jesus always. Start with today.
Sun	Jun	18 th	To the world you may be one person but to one person, you may be the world.
Mon	Jun	19 th	It is never right to do wrong. It is never wrong to do right.
Tue	Jun	20 th	Never stop the challenge and accept the change.
Wed	Jun	21 st	It could always be worse. Just don't. It is what it is; don't like it, change it.
Thu	Jun	22 nd	Don't judge your own past. You don't live there anymore.
Fri	Jun	23 rd	Attitude is everything.
Sat	Jun	24 th	Just when the caterpillar thought life was over, it became a butterfly.
Sun	Jun	25 th	Hold yourself accountable. Knowledge is Free.
Mon	Jun	26 th	Be grateful for every thing.
Tue	Jun	27 th	Find the lesson in this experience and apply it to the future.
Wed	Jun	28 th	Just keep moving.
Thu	Jun	29 th	You are what you think you are.
Fri	Jun	30 th	It takes only the smallest light to break the darkness.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.